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PORK AND BEANS



1. Evelyn West, scientific aid in the Bureau of Human Nutrition and Home Economics, follows the Bureau's quick-soak method of preparing beans. 77871B

home canned

Pork and beans, like other food mixtures, have been regarded as difficult to can in home kitchens. But so many homemakers asked how to can this old-time favorite that the U. S. Department of Agriculture has developed suitable and relatively easy recipes for pork and beans with tomato sauce and with molasses sauce, as well as baked beans with pork. Kidney, navy, or yellow-eye beans may be used.

The experiments were done in a State famed for its bean cookery--Massachusetts--at the State Agricultural Experiment Station, in cooperation with the Department's Bureau of Human Nutrition and Home Economics.

Directions are included in the revised edition of Home canning of meat, Home and Garden Bulletin No. 6, which may be obtained on request from the Office of Information, U. S. Department of Agriculture, Washington 25, D. C.

Here are the U. S. Department of Agriculture directions for 7 quart jars--a canner load--of pork and beans with molasses sauce:

Wash 2-1/2 quarts (10 cups) of beans, and prepare them by the Bureau's quick-soak method, as follows: Cover beans with 6 quarts of boiling water and boil 2 minutes. Remove from heat, and soak beans 1 hour.

To have beans hot for packing, re-heat them and drain off liquid. Save liquid if wanted for use in sauce.

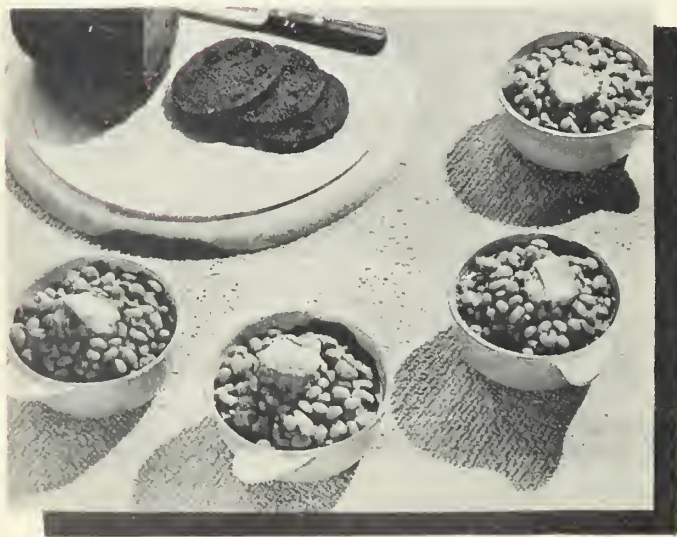
Make molasses sauce by heating to boiling 4 quarts of soaking liquid (or water), 3/4 cup dark molasses, 1/4 cup vinegar, 3 tablespoons salt, and 1 tablespoon ground mustard.

Fill each jar 3/4 full of hot beans. Add a small piece of salt pork, bacon, or ham. Pour in sauce, leaving 1/2 inch headspace at top of jar. Adjust jar lid, and process at once in steam pressure canner at 10 pounds pressure (240° F.)--quart jars, 75 minutes, pint jars, 65 minutes. Complete jar seals, if closures are not self-sealing type.



2. Molasses sauce is added to jars 3/4 full of hot beans. 77872B

3. The jars of hot-packed beans are lowered into a steam pressure canner to be processed. 77873B



4. The home canner's beans need only thorough re-heating to be ready to serve, as in these individual casseroles.